



Sweet potato and salmon cakes

Serves 2



COOK



EAT

ENJOY

ENJOY

Ingredients

- 1 medium potato
- 1 small sweet potato
- 200g tinned salmon
- 1 clove garlic, crushed
- 1 tablespoon chives, fresh or dried
- 1 tablespoon parsley, fresh or dried
- 1 egg
- 2 tablespoons flour
- ¼ cup breadcrumbs, dried



Method

Step 1

Peel and dice potato and sweet potato. Add to a microwave safe dish with 1 tablespoon of water. Heat in microwave for 3 minutes or until soft. Allow to cool slightly and mash.

Step 2

Drain salmon and add to mashed potato. Add garlic, chopped chives and parsley. Season with pepper if desired.

Step 3

In a small bowl whisk the egg. Add the beaten egg and flour to the mash mixture and mix until well combined.

Step 4

Shape the mixture into 4 small patties and coat with breadcrumbs. Place patties on a flat tray, cover with plastic wrap and chill for 30 minutes in the fridge.

Step 5

Spray non-stick frypan with oil and heat to medium heat. Cook patties for about 5 minutes on each side until golden brown.

Serve with a wedge of lemon, garden salad or steamed greens.

Serves per portion:

